

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



U. S. DEPT. OF  
AGRICULTURE



U. S. FOOD  
ADMINISTRATION

# VEGETABLES FOR WINTER

**Everybody Needs Them—Grown People and  
Children, too.**

**DON'T STOP USING THEM IN WINTER** even if they are harder to get than in summer.

Doctors say that the tired-out feeling at the end of the winter—"spring fever"—often comes from a lack of fruits and vegetables in the winter diet. Keep the family well and make their meals pleasanter by using vegetables. Give them to children especially. Young children can digest them better if they are mashed and put through a sieve.

The salts or "mineral matter" that vegetables contain is one of your chief helps in keeping your body strong and well.

In every part of your body there are salts somewhat like table salt, but of many kinds—iron, lime and others. Your body won't work smoothly unless it has plenty of these salts, and the children can't build strong bodies without them. You must get them from your food. Vegetables and fruit are rich in them. Eat a variety so as to be sure to get all the kinds of salts you need.

The salts and other substances in vegetables also help prevent constipation. Keep yourself and your children well.



## FRESH WINTER VEGETABLES.

These include cabbage, turnips, onions, carrots, potatoes, etc., which are always good simply cooked, stewed, boiled or baked, and served with a little butter or oleomargarine or a simple cream sauce.

You waste valuable salts when you throw away the water in which you cook vegetables. Sometimes the flavor is not desirable, but if it is good, save the water for soup or gravy. Even better—cook them in as little water as possible so there is none left to drain off. Or bake or steam them.

Cabbage is one of the vegetables that is best simply cooked. It may be poor or it may be delicious, depending upon how you cook it. Don't boil it too long—20 or 30 minutes in salted water is long enough.

The winter vegetables are excellent, too, combined with meats to make savory stews. For recipes of such combinations see Leaflet No. 5.

## CANNED VEGETABLES.

Often canned vegetables need only skillful seasoning to make them as good as fresh. Chopped onions or green peppers may add a good flavor. Of course, you will not use any canned vegetables about which there is a suspicion of spoilage.

Canned corn is very good when turned into a baking dish, milk and seasoning added, and the whole heated through in the oven and allowed to brown on top. Outside stalks of celery cut up, a green pepper, or both, added before baking, make the dish more appetizing.

## VEGETABLE CHOWDER.

Here is a mixed vegetable chowder that is good. It makes a substantial dish. Rice and okra may be substituted for potatoes and carrots or almost any vegetables may be used.

4 potatoes.	2 tablespoons fat, or a piece of
3 carrots.	salt pork.
3 onions.	3 level tablespoons flour.
1 pint canned tomatoes.	2 cups skim milk.
	2 teaspoons salt.

Cut potatoes and carrots in small pieces, add enough water to cover, and cook for 20 minutes. Do not drain off the water. Brown the chopped onion in the fat for five minutes. Add this and the tomatoes to the vegetables. Heat to boiling, add two cups of skim milk, and thicken with flour. Celery tops or green peppers give good flavor, too.

## SPINACH LOAF.

You can make a small can of spinach, chard, or beet tops serve seven or eight people by making into a loaf combined with rice or bread crumbs. Asparagus or string beans are also good served this way.

1 can chopped spinach.	2 cups white sauce.
4 cups boiled rice.	1 red pepper.

Make a thick white sauce of two cups skim milk, four tablespoons flour, four tablespoons oleomargarine and one teaspoon salt. Melt fat and mix with flour, add to milk and stir over fire until it thickens. Mix with the rice, chopped spinach and pepper. Form into a loaf and bake 20 or 30 minutes.

Canned vegetables make delicious milk soups. For directions see Leaflet No. 7.

U. S. DEPT. OF  
AGRICULTURE



U. S. FOOD  
ADMINISTRATION

## DRIED VEGETABLES.

Do you use them? They are as good as canned or better. Dried beans and peas are well known. Besides these, you can dry all kinds yourself, especially if you have a garden and get them fresh. The only change that takes place is the loss of water. The salts and other valuable parts are the same as in the fresh. Farmers' Bulletin 841 tells how to dry vegetables.

To prepare dried vegetables for cooking first soak them for several hours or overnight so that they will take up the water lost in drying. Then cook them exactly as you would fresh ones—as a vegetable, in soups, or with meat. They make a good, economical addition to your winter meals.

## VEGETABLES SAVE MEAT AND WHEAT.

Beans and peas have long been used in place of some meat. Like meat, they furnish protein which the body needs.

Potatoes and other starchy vegetables can save wheat. Use them in bread making or use less bread at the meals where such vegetables are served. Bread and starchy vegetables are both good sources of body fuel.

## VARIETY AND FLAVOR IN YOUR MEALS.

United States Food Leaflet No. 9.

